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SNAP Materials

Senior Food Guide Pyramid, Second Edition

25 Color copies \$6.25

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Healthy Cooking Videos

Each 30-minute video features entertaining, food-based nutrition information related by SNAP Dietitians. While all videos focus on very practical ideas, some videos also show recipe preparation. The videos are ideal for non-nutrition professionals who can use the accompanying leader's guide to make the video a complete program.

Video Topics:

Senior Food Guide Pyramid
Safe Food for Seniors
Cancer Prevention
Understanding Food Labels
Weight Management and Fad Diets (Temporarily out of Stock)



Fun with Fruits and Vegetables
Getting Enough Calcium
Meatless Meals
Fiber
Supermarket Smarts
Holiday Recipes
Quick Cooking Ideas
The Joy of Soy
Easy Soups & Sandwiches

Video with leader's guide \$10.00 each

To order, please call SNAP at (401) 874-2973.

Family Nutrition Program





